

2005 ADMIRAL'S CUP SPORTS

SHAMROCK 5K

March 17

GENERAL INFORMATION

Entry Deadline - March 10.

There is no registration on the day of the race or runner substitutions.

Check-in - Begins at 9:30 a.m. on the day of the race on the NDW Anacostia Annex in front of Enterprise Hall, building 72. All runners must show military ID or DoD ID before race numbers will be issued.

Runner substitutions will not be permitted.

All runners must be checked in by 10:30 a.m.

Start Times - Walkers Start - 10:30 a.m. Runners Start - 11 a.m.

Post race refreshments, professional race timing and long sleeve Shamrock 5K t-shirt.

LAST NAME _____ FIRST NAME _____ MI _____
AGE _____ DATE OF BIRTH (MM/DD/YY) _____ M/F _____
MILITARY RANK _____ CIVILIAN GRADE _____ WORK PHONE _____
COMMAND _____ DIVISION WITHIN COMMAND _____
EMAIL ADDRESS _____
CHECK ONE: RUNNER _____ WALKER _____ VOLUNTEER _____

**IF YOU ARE A
RUNNER CHECK
THE APPROPRIATE
DIVISION:**

FEMALE RUNNERS
_____ 18-29
_____ 30-39
_____ 40-49
_____ 50 & Over

MALE RUNNERS
_____ 18-29
_____ 30-39
_____ 40-49
_____ 50 & Over

T- Shirt Size
_____ M
_____ L
_____ XL
_____ XXL

Waiver: I know that running is a potentially hazardous activity. I should not enter or run in the MWR Admiral's Cup 5K races unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act upon my behalf, waive and release MWR, NDW, and the Dept. of the Navy and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I agree to release my name and photograph for publicity purposes.

Signature: _____ Date _____